

Improve your health through listening to children

BY VIKI BOWMAN
Davis County RSVP

More than 400 Davis County adults aged 55+ will be volunteering this fall. Many will be entering the classrooms at local elementary schools as literacy tutors. The children will benefit from the extra attention volunteers are able to provide and volunteers will receive healthful benefits by listening to children read once a week.

Serving as a school literacy tutor will have a marked impact for both the children and the person volunteering. Volunteers may notice improvements in their own lives such as mood elevation, a more positive outlook, feeling more capable, confident, useful, and of making a difference.

Giving of our time makes us feel "time-rich" and less time-constrained, with time to accomplish things in the future. A report by the Corporation for National and Community Service notes: "Those who volunteer have lower mortality rates, greater functional ability, and lower rates of depression later in life than those who do not volunteer."

On the flip side, testing indicates that the encouragement and extra attention children receive from mature volunteers aids in reaching, maintaining, and improving grade level skills. These are vital skills for a child's successful, productive life. As Garrison Keillor once said, "Nothing you do for children is ever wasted." It takes a big heart to help shape growing minds. Nothing teaches hope, kindness, courage, and compassion like the example of a volunteer.

We all have a desire to be needed and know that what we contribute matters. Volunteering is a win-win for the person giving and the individual receiving.

The Retired & Senior Volunteer Program (RSVP) is a local agency sponsored through Davis County Senior Services. RSVP has partnered with elementary schools throughout Davis County in connecting adults aged 55+ with placement as literacy volunteers. Contact the Davis office at 801-525-5052 to benefit through volunteer service as a literacy tutor or with one of the many other volunteer opportunities available.



RSVP LITERACY VOLUNTEER Dave Thomas tutors second grader Ellie. With the new school year just started, there are plenty of volunteer opportunities available through Davis County RSVP to help young students with their reading skills.

Photo by Viki Bowman, RSVP

September workshops to begin soon

Stepping On Falls Prevention Workshop

National Falls Prevention Day is coming up Friday, Sept. 22. Falls are the leading cause of injury, hospitalizations, and death for older adults. To help spread awareness and combat falls, the Davis County Health Department is holding an evidence-based workshop called Stepping On. The workshop series is proven to reduce falls and build confidence in older people. Presenters such as a physical therapist, pharmacists and vision ex-

perts help you gain specific knowledge and skills to prevent falls.

The Stepping On Falls Prevention Workshop series begins Thursdays, Sept. 14-Oct. 26, 2-4 p.m., at the Bountiful Library (725 South Main Street, Bountiful).

Living Well with Chronic Conditions Workshop

Living Well with Chronic Conditions is a workshop series that educates and helps participants balance and improve their health if they have chronic condi-

tions such as arthritis, high cholesterol, hypertension, obesity, stroke, anxiety/depression, or emphysema. Participants make weekly action plans, share experiences, and help each other solve problems they encounter in creating and carrying out their self-management program.

The next Living Well with Chronic Conditions

Workshop series begins Wednesdays, Sept. 20-Oct. 25, 10 a.m.-12:30 p.m., at the University of Utah Farmington Health Center (165 North University Avenue, Farmington).

To register or for more information on any of these workshops, call Morganne Housley 801-525-5087.

Free Medicare 101 class scheduled for Sept. 20

Davis County Health Department's Senior Services offers a free one hour class about Medicare options, enrollment, and benefits.

If you are turning 65 or preparing to retire, please join us for the following class:

• Wednesday, Sept. 20, 6:30-7:30 p.m. – Clearfield Library, 562 S. 1000 E., Clearfield

For more information about the Medicare 101 class, contact Marie Jorgensen at 801-525-5086 or mjorgensen@daviscountyutah.gov.

County offers caregiver educational classes

Davis County Senior Services is offering free classes for individuals who care for family members that are older and/or frail.

Classes will be offered at two different locations twice a month throughout 2017. On Tuesdays, classes will be held at Fairfield Village (1201 N. Fairfield Rd., Layton), noon-1 p.m. On Thursdays, classes are at Golden Years Senior Activity Center (726 S. 100 E., Bountiful), noon-1 p.m. A light lunch will be provided at the classes but attendees must RSVP

to 801-525-5050, option 5, by Monday at noon for that class week.

Special thanks to Fairfield Village of Layton and Golden Years Senior Activity Center for hosting the classes, and Country Niche Adult Day Care for presenting.

Schedule:

- Sept. 12 & 14: Adult Day Care Services – Danny Fry, Country Niche Adult Day Care
- Sept. 26 & 28: What you need to know about Medicare – Jackie Smith, Davis County Senior Services

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All issues of Senior Scoop are available at www.daviscountyutah.gov/senior_scoop

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Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
				7 AG – Wire Wrapping 8:30 Tap Dancing 1:30 GY – Lapidary 8:30 Respiratory Therapist 12 ND – Movie 12	8 AG – **AARP Smart Driving 10 GY – Sit n fit 8:30 Tai Chi 9:30 ND – Lunch/ Name That Tune 11:30	9
10	11 AG – DUP 10 Bingo 10:15 GY – Yoga 10 Line Dancing 10 ND – Lunch/ Brain Games w/ LeeAnn 11:30 Bingo 12:30	12 AG – Lapidary 8:30 Square Dancing 12:30 GY – Blood Pressure Clinic 10 ND – Lip Sync Battle 2:30-4:30	13 AG – Memory Magic 10:30 GY – **Legal Consultation by appt. ND – Breakfast for Your Brain - Spanish 10	14 AG – Lifetime Fit 9 ASL Support Group 2 GY – Caregivers Class 12 ND – Knit & Crochet 12:30	15 AG – Arthritis Exercise 9 GY – Line Dancing 9:30 ND – Suicide Prevention Presentation 10:15	16
17	18 AG – Oil Painting 9 GY – Dancing Grannies 9 Bingo 12:30 ND – Lunch/ Chancellor Gardens 11:30	19 AG – Lifetime Fit 9 Reiki 10:30 GY – Wood Carving 9 Square Dancing 7-8:30 p.m. ND – **AARP Smart Driving 10	20 AG – Overeaters Anonymous 6:30-8 p.m. GY – Line Dancing 10 ND – (NEW) Technology Lab 10-12	21 AG – Tai Chi 9:40 GY – Luana's Combo Band 10:30 ND – Card Games 12:30	22 AG – Lunch/ Confused by Medicare? 11:30 GY – Sit N Fit 8:30 ND – Texas Hold 'em 12 Bingo 12:30	23
24	25 AG – Lunch/ Trivia of the Day 11:30 GY – Stained Glass 9 ND – Lunch/ Health Tips w/ Gina 11:30	26 AG – Lunch/ Rocky Mountain Care 11:30 GY – Blood Pressure 10 Book Club 12:30 ND – Foot Clinic by Appt.	27 AG – Foot Dr. 9 Watercolor 9:30 GY – Senior Social 11:15 Positive Aging 5-7 p.m. ND – Art 9 Food Bank	28 AG – Reiki 10:30 Food Bank 12 GY – Craft Class 9:30 Caregivers Class 12 ND – Knit & Crochet 12:30	29 **AG, GY & ND September Birthday Party AG – Internet 101 9:30 GY – Tai Chi 9:30 ND – Bingo 12:30	30
1	Oct 2 AG – Water Ex. 9 Bingo 10:15 GY – Arthritis Class 12:30 ND – Texas Hold 'em 12 Bingo 12:30	Oct 3 AG – Lapidary 8:30 Tai Chi 9:30 GY – Zumba 9:30 Craft Class 12:30 ND – China Painting 9 Line Dancing 1	Oct 4 AG – Arthritis Exercise 9 Ceramics 12 GY – Ceramics 9 Bingo 12:30 ND – (NEW) Tech Lab 10-12	Oct 5 AG – Water Ex 9 Arts & Crafts 9 GY – Lapidary 8:30 Arthritis Class 12:30 ND – Knit & Crochet 12:30	Oct 6 AG – Bingo 10:15 Ceramics 12 GY – Watercolor 9 ND – Texas Hold 'em 12 Bingo 12:30	7

** Call Senior Activity Center to Make Reservation
(Note: Not all activities are listed on this consolidated calendar, activities are subject to change)

AG ~ Autumn Glow
(801) 444-2290
81 East Center Street
Kaysville, UT 84037

GY ~ Golden Years
(801) 451-3660
726 South 100 East
Bountiful, UT 84010

ND ~ North Davis
(801) 525-5080
42 South State Street
Clearfield, UT 84015